



## Global warming: Is weight loss a solution?

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### Abstract:

The current climate change has been most likely caused by the increased greenhouse gas emissions. We have looked at the major greenhouse gas, carbon dioxide (CO<sub>2</sub>), and estimated the reduction in the CO<sub>2</sub> emissions that would occur with the theoretical global weight loss. The calculations were based on our previous weight loss study, investigating the effects of a low-carbohydrate diet on body weight, body composition and resting metabolic rate of obese volunteers with type 2 diabetes. At 6 months, we observed decreases in weight, fat mass, fat free mass and CO<sub>2</sub> production. We estimated that a 10 kg weight loss of all obese and overweight people would result in a decrease of 49.560 Mt of CO<sub>2</sub> per year, which would equal to 0.2% of the CO<sub>2</sub> emitted globally in 2007. This reduction could help meet the CO<sub>2</sub> emission reduction targets and unquestionably would be of a great benefit to the global health. International Journal of Obesity (2012) 36, 474-476; doi:10.1038/ijo.2011.151; published online 26 July 2011

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### Resource Description

#### Exposure : ☒

weather or climate related pathway by which climate change affects health

Ecosystem Changes, Extreme Weather Event, Food/Water Security, Temperature, Unspecified Exposure

**Extreme Weather Event:** Drought, Flooding, Hurricanes/Cyclones, Wildfires

**Food/Water Security:** Nutritional Quality

**Temperature:** Fluctuations

#### Geographic Feature: ☒

resource focuses on specific type of geography

None or Unspecified

#### Geographic Location: ☒

resource focuses on specific location

Global or Unspecified

#### Health Co-Benefit/Co-Harm (Adaption/Mitigation): ☒

## Climate Change and Human Health Literature Portal

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

### **Health Impact:**

specification of health effect or disease related to climate change exposure

Cancer, Cardiovascular Effect, Diabetes/Obesity

**Cardiovascular Effect:** Other Cardiovascular Effect

**Cardiovascular Disease (other):** Coronary artery disease; Hypertension

### **Mitigation/Adaptation:**

mitigation or adaptation strategy is a focus of resource

Mitigation

### **Resource Type:**

format or standard characteristic of resource

Research Article

### **Timescale:**

time period studied

Time Scale Unspecified